

Child Health Advisory Committee
Meeting Minutes
September 11, 2014
Freeway Medical Building
Room 906

Attendees: Barbara Kumpe, Carole Garner, Charlotte Davis, Connie Whitfield (via phone), Don Johnson, Elton Cleveland, Joanne McLendon, Patricia Scott, Paula Smith, Rosemary Rodibaugh

Absentees: Aaron Strong, Brett Stone, Martha Phillips, Michelle Smith, Steve Anderson

Staff: Joy Rockenbach

Next Meeting: October 9, 2014

Meeting Called to Order

- ❖ Barbara Kumpe, Chair, called the meeting to order and had introductions.
- ❖ August minutes were reviewed. Due to lack of a quorum, minutes were tabled until October's meeting.
- ❖ Members were asked to think about changing CHAC meeting dates due to the State Board of Education moving their meeting to the exact same dates. Staff will send out a poll to members to decide the best possible times to meet.

Special Presentation

- ❖ Rosemary Rodibaugh and Lisa Washburn, of UA Cooperative Extension, presented on Extension Nutrition and Health Education Programs for Youth. Rosemary stated that the Supplemental Nutrition Assistance Program (SNAP) is the largest nutrition education program. This year they received 2 million dollars to provide nutrition education to participants. There are 75 different SNAP education programs, one for each county. The Cooperative Extension deals a lot with school programs, and uses various ways of teaching nutrition education to students PK-12. These programs focus on 4 areas: Choosing, buying, and preparing healthy meals and snacks, becoming more physically active, safe handling and preparation of foods, and stretching food dollars.

Another nutrition education program is Arkansas Farm to You, which is a program that exhibits where food comes from and the different foods grown in Arkansas. Kids are allowed to go around to different stations and see the process that foods go through from the farm to the body. Last year approximately 1500 students were able to experience this exhibit. Schools can receive this program for free if they use their SNAP education serving up My Plate Course and evaluation tool.

Lisa Washburn, Health Specialist, discussed some of the new programs that have been implemented recently. She discussed the 4H Youth Programs. Every county in the state has a 4H program. These programs focus on citizenship, science, and healthy living. These programs engage youth and their families in opportunities to achieve optimal physical, social, and emotional well-being. Yoga for Kids is a program only implemented in Arkansas. This program improves fitness and motor performance, and decreases fear and anxiety. There is a particular brand of yoga used in this program that does not include Sanskrit or eastern terms. This particular program was piloted in 7 counties. Each pilot county received mats utilized for yoga.

Lisa also discussed the Healthy Lifestyle Choices program, which focuses on aspects of how our behavior affects our health. This program's unit covers topics that youth deal with such as unintentional injuries, tobacco, and mental health. There are two programs that fall under this category. One that focuses on youth in 5th grade, and another program that focuses on choices for kids 6th through 8th grade.

Act 414 Update

- ❖ Paula reported that the Act 414 legislative report given on September 8, 2014 went well. Rep. Andy Mayberry has some draft legislature ready to be reviewed asking for the Act 414 committee to continue to be in existence, requiring the school nurse survey every year, and requiring the school nurses give their school health report to the school board every year. The final report along with supporting documents was emailed to CHAC members. Paula also reported that the Act 414 committee will be at the facilities and adequacy meetings that will be held in October. Barbara Kumpe, Chair, would like for Act 414 updates be put on the agenda for CHAC meetings each month.

School Health Report

- ❖ Audra Walters reported Donna Miller, CSH Advisor, was in Atlanta at the 1305 grantee meeting. The next CSH Coordinator's Meeting will be held Thursday, September 18, 2014 at the Laman Library in North Little Rock. The agenda is primarily focused on nutrition subjects. One of the new initiatives with the 1305 grant is working with the 1305 targeted school districts (15 districts) and ArCOP to provide technical assistance and providing hands on training for farm to school procurement in these targeted districts. Donna and Audra will also be providing training on Comprehensive School Physical Activity Program (CSPAP), a guide that has come out from CDC and Shape America that focuses on physical education, physical activity before and after school, physical activity in the classroom, and designating a physical activity leader on wellness committees.

School Nutrition

- ❖ Stephanie reported that they have recently put out a Marketing Toolkit. Every school now has one on site. This toolkit has a wealth of information on the new meal pattern and how to market the new meal pattern. They have also been receiving questions on how to integrate the new meal pattern with the USDA standards. In November they will start their distance learning on new sodium guidelines.

New Business

- ❖ Barbara proposed creating a small task force to go and discuss CHAC recommendations with Mr. Tony Wood, ADE Commissioner. She would like for the task force to meet before scheduling an appointment with Mr. Wood.
- ❖ Barbara would like for the committee to create a list and history of the 8 component recommendations. She would like to list progress and where they are now; what has been accomplished and what has not been accomplished. This will result in a 10 year progress report. Joy and Barbara will work on a memo requesting that members bring in any documentation that can be incorporated into this report. Each meeting time will be allotted to work on this document. Paula made a motion to accept and was seconded. The motion was tabled until next meeting due to no quorum. Joy, Paula, and Carol will develop a process for the group to have.

Announcements/Comments

- ❖ Brad Planey announced that every 5 years the Bureau for Maternal Child Health requires a needs assessment for the state. They have kicked off this process and will be working on the assessment over the next 6 months. There are several domains that the assessment covers such as: perinatal health, lifecourse, child health, adolescent health, and women's health. CHAC members are invited to join in for input. They may contact Brad or Dr. Alan Mease for invitations to these meetings.
- ❖ The New School Nurse Conference will be held September 22-24, 2014 at Camp Aldersgate.
- ❖ Jerri Clark announced there is a new video that has been released called "Fed Up". The DVD talks about the food industry and obesity awareness. It also talks about subsidizing and the food policies in our nation.
- ❖ Barbara reported that the American Heart Association has been working with the Health Department on food procurement guidelines. This has been developed for state agencies, and they would like to see it as policy. Barbara asks if organizations can support.

Meeting was adjourned.